

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Outline: MEAT THEORY AND DEMONSTRATION

Code No.: FDS 120

Program: CHEF TRAINING & HOTEL & RESTAURANT MANAGEMENT


Semester: I

Date: September 1987

Author: G.W. DAHL

New: _____ Revision: X

APPROVED:



Chairperson

Date

Course Name

Course Number

Course Length: 30 hours

OBJECTIVES:

- 1) Students will demonstrate a basic understanding of wholesale cuts of meat, fish and poultry.
- 2) Students will be able to identify the characteristics of the different grades of meat, fish and poultry.
- 3) Students will be able to determine the yields and uses of various cuts of meat.

Topics To Be Covered in Demonstrations:

- Beef wholesale cuts
- Veal wholesale cuts
- Pork wholesale cuts
- Lamb carcasses
- Turkey and poultry butchery
- Filleting of steaks, etc.
- Filleting of flat and round fish
- Preparation of seafood
- Larding and barding
- Force meats and sausages

Topics To Be Covered in Theory:

- Meat grading
- Meat wholesale cuts, yields and uses
- Characteristics of good beef, veal, lamb and poultry
- Poultry grades, yields and uses
- Preparation of poultry items for cooking
- Characteristics of good poultry
- Fish sizes, yields and cuts
- Characteristics of variety meats, yields and their uses
- Force meats, sausages and other special preparations
- Shellfish; kinds, sizes, grading and methods of preparation

Evaluation:

- two tests will be given with no re-writes
- lab project sheets will be given and marked after each demonstration
- attendance is compulsory at demo/lab

Lab Project Sheets - 40%
Tests - 60%

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COURSE OUTLINE

Course Outline: THEORY OF FOOD

Code No.: FDS 121

Program: CHEF TRAINING

Semester: I

Date: SEPTEMBER, 1987

Author: G.W. DAHL

New: _____ Revision: X

APPROVED: _____
Chairperson Date

Course Name

Course Number

Course Length: 60 hours

Topics to be Covered:

1. Basic Stocks - beef, chicken, vegetable, fish and game
2. Basic Soups - consommés, beef, chicken, fish, clear soups, potages, cream soups, purees, chowders and bisques.
3. Basic Sauces - Bechamel, Veloute, Demi-glaze, Espagnole, Tomato and Hollandaise
4. Spices and Herbs
5. Cooking Methods - roasting, broiling, sauteeing, braising, stewing, pot roasting, poaching, simmering, and steaming
6. Fish Cookery - cooking methods, poaching, sauteeing, pan frying, popilotte a la meuniere, braising, and deep frying
7. Poultry Cookery - sauteeing, roasting, baked, stuffed & poached
8. Vegetable Cookery - cooking methods used to retain nutrients, fresh, frozen and dried vegetables
9. Short Order and Egg Cookery - cooking methods of eggs, omelettes, pancakes and other breakfast items
10. Pasta - cooking methods, sauces, and service of
11. Rice - types of - white, brown, converted, wild, oriental, pilaf, desserts, and main entrees
12. Basic Kitchen Preparation - Bouquet garni, Mirepoix, faggot, marinade, glaces, mis en place, etc.

EVALUATION:

Test #1 - 30%
Test #2 - 30%
Final Exam - 40%

Tests and exams must be written in the specified dates - NO REWRITES